

INTERNATIONAL WEIGHTLIFTING FEDERATION

IWFF

GUIDELINES



IWFF

**SPORT
EQUIPMENT
LIST**



IWF SPORT EQUIPMENT LIST

**LEGEND:**

S = Senior World Championships

J = Junior World Championships

Y = Youth World Championships

EQUIPMENT ITEM	DESCRIPTION	COMPETITION	WARM-UP			TRAINING			SPARE	TOTAL		
			S	J	Y	S	J	Y		S	J	Y
Competition Platform	4m x 4m x 0.1m	1	0	0	0	0	0	0	0	1	1	1
Warm-up Platform	3m x 2.5m or 3m x 3m	0	14	12	12	0	0	0	1	15	13	13
Training Platform	3m x 2.5m or 3m x 3m	0	0	0	0	50	30	30	2	52	32	32
Bar (Men)	Piece	1	14	12	12	50	30	30	2	67	45	45
Bar (Women)	Piece	1	14	12	12	50	30	30	2	67	45	45
25kg (Red) Competition Disc	Piece	8	112	72	72	0	0	0	4	124	84	84
20kg (Blue) Competition Disc	Piece	2	28	24	24	0	0	0	4	34	30	30
15kg (Yellow) Competition Disc	Piece	2	28	24	24	0	0	0	4	34	30	30
10kg (Green) Competition Disc	Piece	2	28	24	24	0	0	0	4	34	30	30
5kg (White) Competition Disc	Piece	2	28	24	24	0	0	0	4	34	30	30
2.5kg (Red) Competition Disc	Piece	2	28	24	24	0	0	0	4	34	30	30
2kg (Blue) Competition Disc	Piece	2	28	24	24	0	0	0	4	34	30	30
1.5kg (Yellow) Competition Disc	Piece	2	28	24	24	0	0	0	4	34	30	30
1kg (Green) Competition Disc	Piece	2	28	24	24	0	0	0	4	34	30	30
0.5kg (White) Competition Disc	Piece	2	28	24	24	0	0	0	4	34	30	30
Full Size 5kg Disc	Piece	2	0	0	0	0	0	0	0	2	2	2
Full Size 2.5kg Disc	Piece	2	0	0	0	0	0	0	0	2	2	2
25kg (Red) Training Disc	Piece	0	0	0	0	300	180	180	4	304	184	184
20kg (Blue) Training Disc	Piece	0	0	0	0	100	60	60	4	104	64	64
15kg (Yellow) Training Disc	Piece	0	0	0	0	100	60	60	4	104	64	64
10kg (Green) Training Disc	Piece	0	0	0	0	100	60	60	4	104	64	64
5kg (White) Training Disc	Piece	0	0	0	0	100	60	60	4	104	64	64
2.5kg (Red) Training Disc	Piece	0	0	0	0	100	60	60	4	104	64	64
2kg (Blue) Training Disc	Piece	0	0	0	0	100	60	60	4	104	64	64
1.5kg (Yellow) Training Disc	Piece	0	0	0	0	100	60	60	4	104	64	64
1kg (Green) Training Disc	Piece	0	0	0	0	100	60	60	4	104	64	64
0.5kg (White) Training Disc	Piece	0	0	0	0	100	60	60	4	104	64	64
2.5kg Collars	Pair	1	14	12	12	50	30	30	2	67	45	45



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EQUIPMENT ITEM	DESCRIPTION	COMPETITION	WARM-UP			TRAINING			SPARE	TOTAL		
			S	J	Y	S	J	Y		S	J	Y
Disc Rack	Piece	1	14	12	12	50	30	30	2	67	45	45
Safety Barrier	Piece	2	0	0	0	0	0	0	0	2	2	2
Bar Lifter	Piece	1	0	0	0	0	0	0	1	2	2	2
Squat Rack	Set (1 piece with 2 legs or 2 separate pieces)	0	0	0	0	25	15	15	2	27	17	17
Pull Box	Pair	0	0	0	0	10	5	5	0	10	5	5
Jerk Box	Pair	0	0	0	10	5	5	0	0	10	5	5
Incline Sit Up Board	-	0	0	0	5	3	3	0	0	5	3	3
Hyper Extension Machine	-	0	0	0	5	3	3	0	0	5	3	3
Stretching Mat	-	0	0	0	20	10	10	0	0	20	10	10
Massage Bed (changeable height)	Athletes' Rest Area	0	14	12	12	8	6	6	0	22	18	18
Chalk Stand	Piece	1	14	12	12	50	30	30	1	66	44	44
Rosin Stand	Piece	1	14	12	12	50	30	30	1	66	44	44
Chalk Block	Chalk (MgCo2) (Carton)	2	8	5	5	40	25	25	0	50	32	32
Rosin	-	1	8	5	5	40	25	25	0	49	31	31
Electronic Scale	Warm-up Scales (1 Official Weigh-in + 1 Test) Precision: 10 grams min. Capacity: weigh up to 200kg	0	2	2	2	2	1	1	1	5	4	4
Medical Screen	4m x 1m (Used on Field of Play)	1	0	0	0	0	0	0	0	1	1	1
Manual Decision Flag (RED)	For use as backup	3	0	0	0	0	0	0	0	3	3	3
Manual Decision Flag (WHITE)	For use as backup	3	0	0	0	0	0	0	0	3	3	3
Athlete Bib	Minimum 100 cm2 / maximum 150cm2	0	900	500	500	0	0	0	0	900	500	500
Safety Pin	4 Pieces / Bib	0	3600	2000	2000	0	0	0	0	3600	2000	2000
Warm-up Pass	Different by Bodyweight Category / Group See TCRR Regulation to 3.3.5	0	2700	1500	1500	0	0	0	0	2700	1500	1500
Athlete Pass	Similar to Warm-up Pass See TCRR Regulation to 3.3.5	0	900	500	500	0	0	0	0	900	500	500
Cleaning & Decontamination Devices	Vacuum cleaner, wire brushes, cloths, mop with bucket, broom, gloves and other cleaning disinfectant/antiseptic products	1	2	2	2	5	3	3	0	8	6	6